

PENDING CLAIMS

Please amend the claims as follows:

1. (Amended) A method for transmitting data using a single channel comprising the steps of:
 - transmitting a message indicative of the rate of said data and the time interval over which said data will be transmitted at said rate; and
 - transmitting said data at said rate during said time interval.
2. (original) The method of Claim 1 wherein said message comprises:
 - an indication of the frame type;
 - an indication of said rate of said data; and
 - an indication of said time interval.
3. (original) The method of Claim 1 wherein said message comprises:
 - a two bit indication of the frame type;
 - a four bit indication of said rate of said data; and
 - a four bit indication of said time interval.